



Sobeys

WINTER & SPRING 2018

New Easter Favourites

Game Night Done Right

Taste of Korea

Spicy Ham with Pineapple Chutney & Roasted Vegetables

Find many more recipes, tips and videos online!

[SPRING.SOBEYS.COM](http://spring.sobeys.com)

Flippin' Good PANCAKES

What's in Store This Winter & Spring

In this issue: game-night winners, delicious entertaining ideas and ways to get more greens into your dinners.



BE A DESSERT WIZARD

PAGE
19

The Easter Bunny isn't the only one who can create a little holiday magic. Add a few drops of food colouring to a simple cake mix and icing, and you have a pastel-hued dessert that will charm everyone at the table. P.S.: Don't forget to eat the chocolate-pretzel nest on top—and your favourite Easter candies, which are tucked inside!

Gluten-free!



Compliments
Gluten-Free Yellow
Cake Mix, 400 g

POP-UP ROMANCE

Celebrate Valentine's Day anywhere—with a simple breakfast in bed, a pizza by the fire or a relaxed, romantic fondue at the table. This one gets a flavour boost from Oka cheese, garlic, thyme, chives and golden lager. Visit spring.sobeys.com for these and more delicious ideas for your holiday celebration.



Oka Semi-Soft
Cheese, 190 g



Garlic & Herb
Cheese Fondue
with Beer. Find this
recipe online.



More than 60 delicious trays to choose from. Visit sobeys.com/entertaining to order

QUICK & EASY ENTERTAINING

Easter's almost here, and you need some last-minute party dishes. No need to stay up late chopping and cooking—**just order online.** Our entertaining trays come in lots of mouth-watering assortments, and we have appetizers, mains, sides and even desserts covered. How's that for easy?

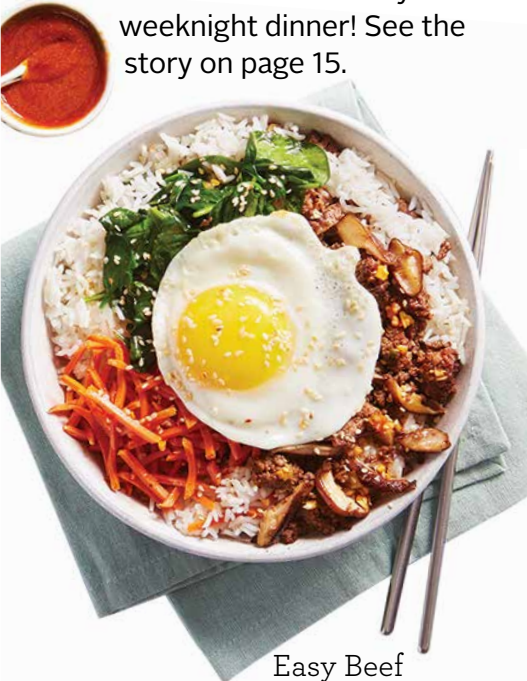
ALWAYS IN BLOOM

Stop by our Floral Department and treat yourself to beautiful blooms. Whether you need just the right bouquet for a special dinner or a dose of mid-week cheer, our florists are happy to help. Check out our Easter floral decor tips at spring.sobeys.com.



KOREAN-INSPIRED | PAGE 15

The recipes in our Korean cooking spotlight are full of exciting flavours and are all made with simple supermarket ingredients. Create an unforgettable entertaining menu or a fast-and-tasty weeknight dinner! See the story on page 15.



Easy Beef Bibimbap Rice Bowl. Find this recipe on page 23.



Sensations by Compliments Hickory Smoked Honey Ham

EASTER FEAST | PAGE 17

We love having a big roast as the centrepiece of our Easter feast. And a spiral ham can't be beat for convenience and taste appeal. This year, we've added a special touch by serving it with a zippy homemade chutney.

TIP: The sweet heat of the ginger-pineapple combo is also a wonderful addition to a cheese-board. See our Easter menu ideas on page 17.



Pineapple Chutney. Find this recipe online.

PARTY-READY

It doesn't get easier than shrimp for entertaining—especially when it's cooked, peeled and ready for its close-up. We've even included the sauce! Stock up for Easter dinner, awards-show nibbles or game-night snacks.

Compliments Cooked Pacific White Shrimp with Sauce, 51+ pieces





Persian-Style
Vegetable
Frittata. Find
this recipe
on page 22.



TIPS FOR WORKING WITH LEAFY GREENS

- **Wash:** Swish greens gently in cold water to remove any grit. Let dirt settle, and then lift greens out. Pat or spin dry.
- **Prep:** Mature greens can have thick, chewy stems. Cut them out before chopping.
- **Store:** Keep baby greens in their packages, and stow bigger greens in a paper towel inside a loosely closed plastic bag in the crisper drawer of your fridge.
- **Use:** Add greens to salads, sandwiches, soups, stews, curries, frittatas or just about any dish you like—even smoothies!

ARUGULA

Baby greens make cooking simple—no washing, chopping or stemming!

Five Ways to GET YOUR GREENS

These simple tips and tricks make it easy to add leafy greens to any meal.

We have tons of tips and techniques that make cooking a joy. Visit sobeys.com/5ways to learn more.

Fresh



Compliments
Organic Baby
Arugula, 142 g



Compliments
Organic Baby
Spinach, 142 g





Teriyaki
Chickpea
Collard
Wraps.
*Find this recipe
online.*

COLLARD GREENS

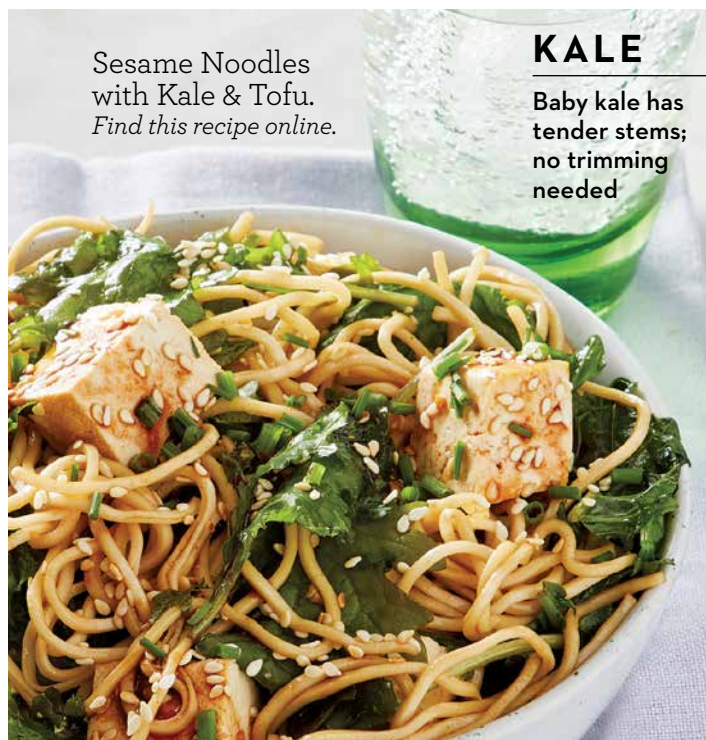
Make extra for an easy
brown bag lunch



SPINACH

Baby spinach is great
for quick cooking—it
wilts easily over heat

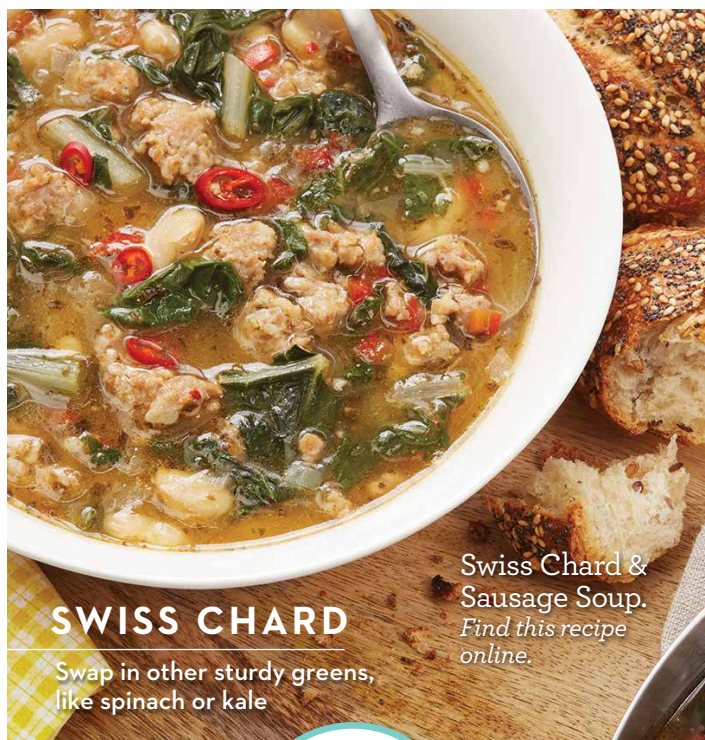
Spicy Pork &
Spinach Noodles.
Find this recipe online.



Sesame Noodles
with Kale & Tofu.
Find this recipe online.

KALE

Baby kale has
tender stems;
no trimming
needed



SWISS CHARD

Swap in other sturdy greens,
like spinach or kale

Swiss Chard &
Sausage Soup.
*Find this recipe
online.*



**Compliments
Chickpeas, 540 mL**

Pantry
staple



**Compliments
Organic Mixed Baby
Kale, 142 g**



**Compliments Extra
Smokey Smoked
Sausages, 1 kg**

Our Meat
Department has
a wide variety
of tasty
sausages to
choose from



**Compliments
Unsalted Dry-Roasted
Peanuts, 700 g**

HACK THE STACK

Sweet and savoury, these clever variations on boxed pancake mix are delicious any time of day.

Rotisserie chicken makes these pancakes super easy!

Nashville-Style Hot Chicken

Apple & Hemp Seed

Cannoli

Samosa

Tex-Mex

Keep this convenient mix on hand, and you can dig in to delicious pancakes or waffles any time.

Find these recipes online.



Compliments Original Complete Pancake & Waffle Mix, 905 g



Sensations by Compliments 100% Pure Canadian Maple Syrup, 375 mL



Compliments Hash Brown Fried Potatoes, 1 kg



Compliments Frozen Petite Peas and Frozen Peaches & Cream Corn, 750 g each

Freezer staples

FIND MANY MORE RECIPES, TIPS & VIDEOS AT [SPRING.SOBEYS.COM](http://spring.sobeys.com)

Little Kitchen LESSONS

Cooking is a basic skill that's fun and important for kids to learn.

Here are ways to start teaching them—and a delicious recipe to share.

Kneaded and ready to roll, this dough bakes up golden and tender in your favourite pizzas, panzerotti and more.



Compliments Pizza Dough, 650 g



Compliments Balance Shredded Part Skim Mozzarella Cheese, 320 g



Compliments Tomato Sauce, 680 mL

FIND MANY MORE RECIPES, TIPS & VIDEOS AT [SPRING.SOBEYS.COM](http://spring.sobeys.com)



CAN I HELP?

Building cooking skills takes practice. Here's how kids of different experience levels can get hands-on with this recipe.

BEGINNER: Read recipe out loud, spread tomato sauce, sprinkle cheese and toppings

INTERMEDIATE: Roll out dough; measure oil, salt, oregano and tomato sauce

ADVANCED: Mince garlic, slice mushrooms and pepper, cook vegetables

Meatball Panzerotti.
Find this recipe on page 22.

Make extra to freeze

Ask our Deli Specialists for delicious salami recommendations



CUSTOMIZE FILLINGS WITH OTHER TASTY ADD-INS



Sliced Mushrooms



Chopped Salami



Diced Onion



Diced Tomato



Sensations by Compliments
Sterling Silver® Chuck Beef
Meatballs, 560 g

Fresh



Compliments
Basil, 1 bunch

Red Carpet READY

Get your sparkle on, and serve up elegant drinks and simple snacks that make watching the red carpet arrivals delectably fun.

Gin Berry
Smash.
*Find this recipe
on page 22.*

Goat Cheese-Stuffed
Mushrooms. *Find this
recipe online.*



Compliments Mixed
Berry Sparkling
Water, 12 x 355 mL

This sparkler
adds sweet berry
flavour to your
favourite drinks
but is equally
refreshing on
its own.



Compliments
Frozen Blueberries,
600 g



Devilled Eggs with Chives. Find this recipe online.

Swing by the Bakery Department for a tasty array of party-ready breads



ENTERTAINING IDEAS FOR YOUR AWARDS SHOW PARTY

- Mix in ready-made options to keep hosting easy. Think elegant cheeses, seasoned nuts and shrimp with cocktail sauce.
- Add some glam to your table—silver and gold accents really pop and feel luxurious.
- Bubbles are always exciting! Serve our signature Gin Berry Smash cocktail; a sparkling wine, like Cava or Prosecco; or chilled sparkling water as you watch the action on the red carpet.



Compliments Camembert Cheese, 170 g



Sensations by Compliments Apricot & Chili Cheese Topper & Spread, 150 g



Compliments Extra Large Shrimp with Cocktail Sauce, 13–15 pieces

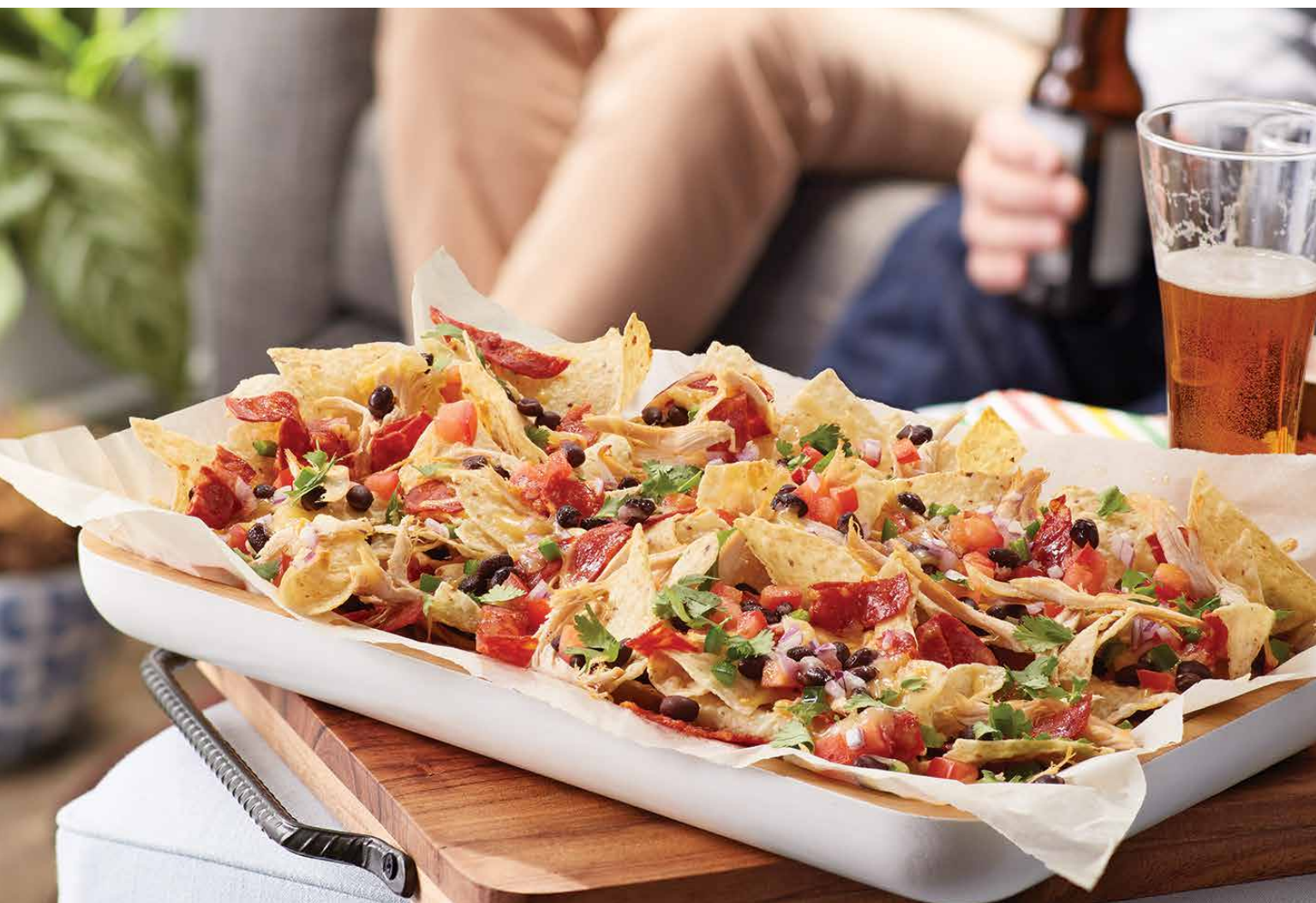
So easy!



IMPORTED FROM ITALY
Sensations by Compliments Antipasto Combo, 100 g



Compliments Honey-Roasted Peanuts, 700 g



Smoked Gouda,
Chicken & Chorizo
Nachos. Find this
recipe on page 23.

Game Night DONE RIGHT

Whether you're watching a big match on TV
or packing snacks for the rink, these game-time
eats are tasty fuel for sports fans.

This sliced
Spanish sausage
is rich, savoury
and well-
seasoned with
mild paprika.



IMPORTED FROM SPAIN
Sensations by Compliments
Sliced Mild Chorizo, 100 g



Anco Smoked
Flavoured
Gouda, 200 g



Compliments
Party Mix,
300 g

FIND MANY MORE RECIPES, TIPS & VIDEOS AT [SPRING.SOBEYS.COM](http://spring.sobeys.com)



Compliments
Mozzarella Sticks,
12+ sticks



Compliments Naturally
Simple Lemon Pepper
Chicken Wings, 12+ wings



EASY DOES IT

Just because you're busy doesn't mean you don't have time to entertain. **Order your favourite entertaining trays online** and pull together a party without breaking a sweat in the kitchen. Visit **sobeys.com/entertaining** to see how we can help you serve up a good time.

ORDER ONLINE!



READY-MADE Slam Dunks



A variety
of hot and
cold dishes
balances the
menu

Visit **sobeys.com/entertaining** for
60+ delicious options!



HOMEMADE *Hat Trick*

Baked Veggie
Nuggets.
*Find this recipe
online.*

Roasted Spicy
Carrot Fries.
*Find this recipe
online.*

Baked
Garlic-Parmesan
Onion Rings.
*Find this recipe
online.*

Visit our Deli
Department
for more easy
game-night
munchies



Compliments
Frozen Vegetable
Mix for Soup, 750 g



Compliments Roasted
Red Pepper Dip, 227 g



Sensations by Compliments
Chipotle Aioli Dip & Spread,
300 mL

PACKABLE Power Plays



IN THE SNACK ZONE

When your kids are headed out to hockey (or basketball or skating or ballet), quick bites are a must. Skip the rinkside fries and lukewarm pizza, and chow down on

some tasty homemade treats instead. Veggies and dip, sweet oat bars and juicy oranges are a hit for active kids—and the grown-ups who are driving them here, there and everywhere.

No Cook Fruit & Oat Bars. Find this recipe online.

Wrap sweet, enjoyably sticky oat bars individually in waxed paper for an easy-to-pack snack

Light: 35% less fat than our regular Compliments cream cheese spread.



Compliments Herb & Garlic Light Cream Cheese Spread, 250 g



Compliments Organic Baby-Cut Carrots, 454 g



Compliments Quick Oats, 1 kg



Korean cuisine is full of bold and exciting tastes. With our simple recipes and convenient ready-to-cook options, you can explore a world of flavour without leaving home.

bring home a taste of **KOREA**



Korean-Style
Chili Paste.
*Find this
recipe online.*

Easy Beef
Bibimbap Rice
Bowl. *Find this
recipe on page 23.*



Extra-Lean Ground Beef, weight varies



Compliments Pure Honey, 375 g

Quick
Cucumber
Kimchi.
*Find this
recipe online.*





Sesame-Ginger
Ice Cream
Sundaes.
*Find this
recipe online.*

bring home a taste of
KOREA

EASY APPETIZERS TO MAKE RIGHT NOW!

These Korean-inspired appetizers are ready to serve any time you want to enjoy their bold flavours. Find them in the Frozen Foods aisle.



**Sensations by Compliments
Korean-Style Chicken
Chunkz, 15+ pk**



**Compliments Spicy
Korean-Style Chicken
Wings, 14+ wings**



**Sensations by Compliments
Spicy Korean-Inspired
Pork Potstickers, 454 g**



**Sensations by Compliments
Korean-Style Vegetable
Sprolls with Spicy Dipping
Sauce, 18 pk**



Let us take care of the sides. Visit sobeys.com/entertaining to see the full selection we offer

ORDER ONLINE!



Roasted Veggies Entertaining Tray,
serves 8-10

New Zealand Spring Frozen Short-Cut Lamb Leg, 1.5 kg



Sensations by Compliments Chocolate & Vanilla Cheesecake Bites, 258 g



Roasted Leg of Lamb with Mint Pesto.
Find this recipe online.



Head to our Bakery Department for more ready-made dessert ideas

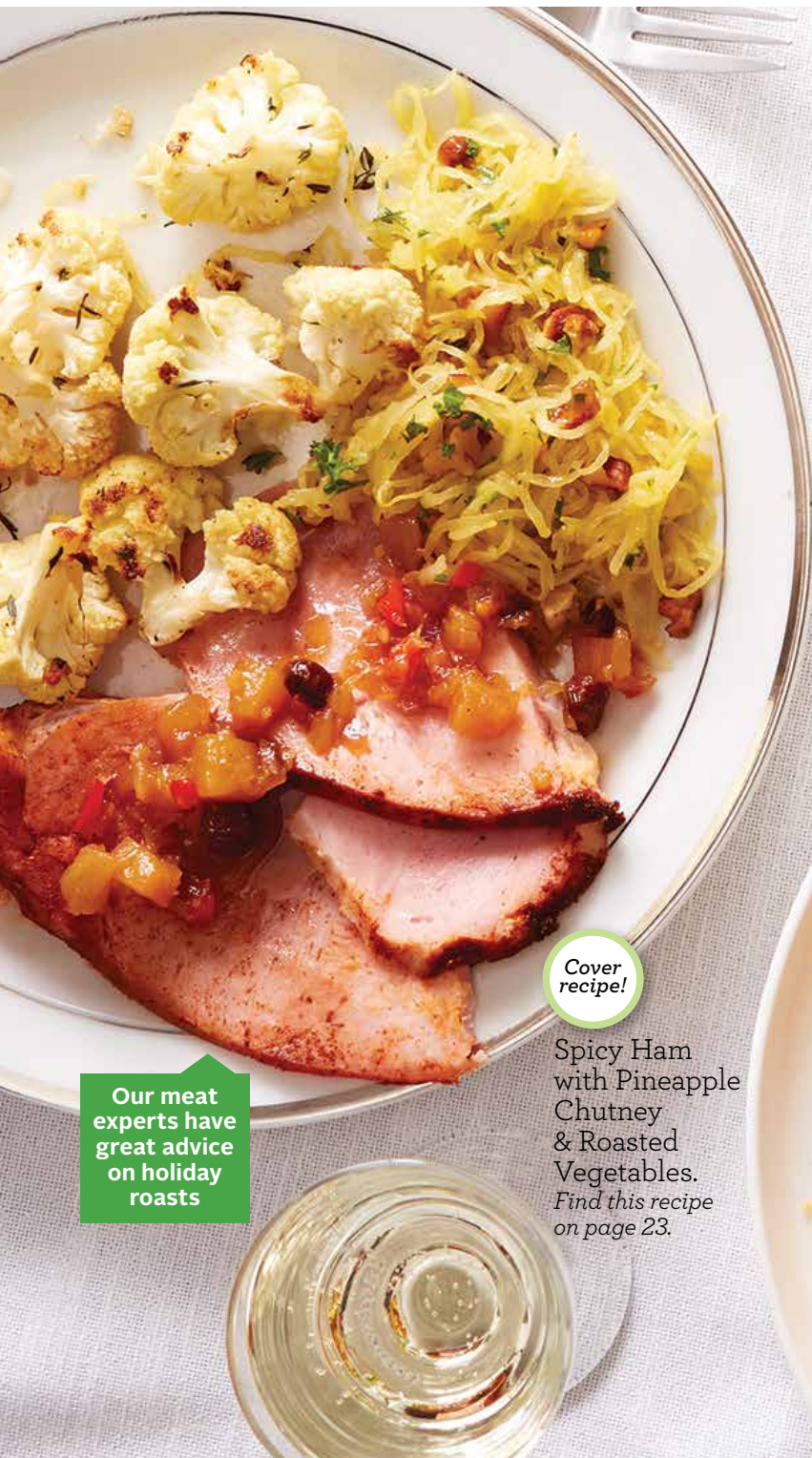


Easter Weekend: HOP TO IT!

Plan a beautiful Easter celebration this year.
Our tasty dishes and handy tips
will help you make it extra memorable.



Easter Weekend: Hop to It!



Our meat experts have great advice on holiday roasts

Cover recipe!

Spicy Ham with Pineapple Chutney & Roasted Vegetables. Find this recipe on page 23.



Layered Carrot & Zucchini Terrine. Find this recipe online.



Sensations by Compliments
Hickory Smoked Honey Ham



BLOOMIN' BEAUTIFUL

Stop by our Floral Department to find pretty arrangements and bunches of fresh blooms. Visit spring.sobeys.com to find out how to dress up simple spring flowers for your celebration table.

Spring Swirl
Cake with
Chocolate
Pretzel Nest.
*Find this recipe
on page 24.*

*Boxed cake
mix and food
colouring make
this cake
easy-peasy*



**Compliments
Gluten-Free Yellow
Cake Mix, 400 g**



**Compliments
Pretzel Sticks,
400 g**



**Sensations by
Compliments Swiss
Dark Chocolate –
72% Cocoa, 100 g**

Spring into PARTY PLANNING

Make hosting celebrations a little easier
on yourself this spring.

European Escape
Entertaining Tray,
serves 20-25



Our entertaining trays are a delicious alternative to spending hours and hours in the kitchen. *Bonus: They're super easy to order online.*

Visit [sobeys.com/entertaining](https://www.sobeys.com/entertaining) or the Deli Department in your local store for ordering details and to see the full selection we offer.

1. Browse our selection of more than 60 platters.
2. Order online.
3. Pick up in-store in as little as 24 hours.



ORDER
ONLINE!

Product selection
may vary.



One-Skillet
Ground
Pork with
Mushrooms
& Rice.
*Find this
recipe
online.*



One-Skillet
Spicy Shrimp
Fusilli. *Find this
recipe on page 24.*

One-Skillet WONDERS

A single pan is all you need to make a great meal. With nourishing meat and veggies, these recipes are weeknight-friendly and so good.



One-Skillet Lemon
Chicken with Chickpeas.
*Find this recipe
online.*



Compliments
Poultry
Seasoning, 72 g

So
easy!



Sensations by Compliments
Uncooked Extra Large Black
Tiger Shrimp, 26–30 pieces



Compliments
Organic Baby
Spinach, 142 g



Compliments
Gluten-Free Brown
Rice Fusilli, 340 g

Gluten-
free

Recipes



Persian-Style Vegetable Frittata (pg. 4)

PREP TIME: 20 min. | **TOTAL TIME:** 1 hr.
SERVES: 6

- 2 cups (500 mL) **Compliments Frozen Diced Butternut Squash** or diced fresh (½-in./1-cm dice)
- 1 onion, diced
- ¼ cup (60 mL) olive oil, divided
- ¾ tsp (4 mL) salt, divided
- 2 cups (500 mL) packed **Compliments Organic Baby Spinach**
- 1 cup (250 mL) packed **Compliments Organic Baby Arugula**
- 8 eggs
- ½ cup (125 mL) finely chopped fresh parsley
- ¼ cup (60 mL) finely chopped cilantro
- 2 tbsp (30 mL) finely chopped fresh chives, divided
- ½ tsp (2 mL) ground turmeric

- 1.** Preheat oven to 425°F (220°C). Toss together butternut squash, onion, 1 tbsp (15 mL) oil and ¼ tsp (1 mL) salt. Arrange on parchment paper-lined baking sheet. Bake 18 to 20 min., or until squash is tender. Set aside to cool.
- 2.** Reduce oven temperature to 400°F (200°C). Roughly chop the arugula. On stove, heat remaining oil in ovenproof 10-in. (23-cm) skillet set over medium heat. Cook spinach and arugula until wilted, about 2 min. Remove from heat.
- 3.** In bowl, whisk together eggs, parsley, cilantro, 1 tbsp (15 mL) chives, turmeric and remaining salt. Stir in cooled squash and onion mixture.
- 4.** Pour egg mixture into skillet. Working quickly, evenly spread out the squash and wilted greens. On medium heat, cook 3 to 5 min., without stirring, until eggs start to set around edges. Transfer skillet to oven. Bake 12 to 15 min., until centre of frittata is set.

Sprinkle with remaining chives. Serve hot or at room temperature.

PER SERVING (⅙ of the recipe)
220 Calories | 10 g Protein | 16 g Total fat | 3.5 g Saturated fat | 250 mg Cholesterol | 9 g Carbs | 2 g Fibre | 2 g Sugars | 390 mg Sodium



Meatball Panzerotti (pg. 8)

PREP TIME: 20 min. | **TOTAL TIME:** 55 min.
SERVES: 8

- 2 tbsp (30 mL) olive oil, divided
- ½ lb (250 g) thinly sliced mushrooms
- 1 green pepper, thinly sliced
- 3 cloves garlic, minced
- ½ tsp (2 mL) dried oregano
- ¼ tsp (1 mL) salt
- 1 ball (650 g) **Compliments Pizza Dough**
- 24 frozen meatballs, cooked according to package directions
- 1½ cups (375 mL) tomato sauce, divided
- 1 cup (250 mL) **Compliments Balance Part Skim Shredded Mozzarella Cheese**

- 1.** Preheat oven to 425°F (220°C). Grease large baking sheet – or line with parchment. Heat 1 tbsp (15 mL) oil in skillet set over medium-high. Add mushrooms, green pepper, garlic, oregano and salt; cook until mushrooms are tender, 5 to 6 min. Cool completely.
- 2.** Meanwhile, divide dough into 8 equal portions. On lightly floured surface, roll each piece into a 6-in. (15-cm) diameter round, about ¼-in. (5-mm) thick. On half of each round, leaving a ½-in. (1-cm) border, place 3 meatballs, a portion of mushroom mixture, 2 tbsp (30 mL) sauce and 2 tbsp (30 mL) shredded cheese.

Gently fold over the dough to cover the filling; pinch together edges to seal. Brush tops with remaining oil. Using a knife or kitchen scissors, cut 2 slits on top for steam. Place panzerotti on prepared baking sheet. Bake 20 to 25 min., or until golden brown. Let stand 5 min. before serving.

3. Meanwhile, heat remaining tomato sauce in a small saucepan set over medium heat until hot. Serve with panzerotti.

PER SERVING (⅙ of the recipe)
380 Calories | 16 g Protein | 17 g Total fat | 6 g Saturated fat | 35 mg Cholesterol | 43 g Carbs | 3 g Fibre | 5 g Sugars | 780 mg Sodium



Gin Berry Smash (pg. 9)

PREP TIME: 5 min. | **TOTAL TIME:** 10 min.
SERVES: 8

- 1 cup (250 mL) **Compliments Frozen Blueberries**, divided
- 16 fresh mint leaves
- ¼ cup (60 mL) lemonade
- 1 tsp (5 mL) sugar
- 8 oz (250 mL) gin
- ¼ cup (60 mL) lime juice
- ice
- 2 cups (500 mL) **Compliments Mixed Berry Sparkling Water**, chilled
- 8 lime slices

- 1.** In pitcher, combine ½ cup (125 mL) blueberries, mint leaves, lemonade and sugar. Muddle with handle of wooden spoon. Stir in gin and lime juice.
- 2.** Strain into 8 ice-filled glasses. Top each glass with ¼ cup (60 mL) sparkling water. Garnish with remaining frozen blueberries and lime slices.

PER SERVING (⅙ of the recipe)
20 Calories | 0.1 g Protein | 0 g Total fat | 0 g Saturated fat | 0 mg Cholesterol | 5 g Carbs | 1 g Fibre | 3 g Sugars | 4 mg Sodium



Smoked Gouda, Chicken & Chorizo Nachos (pg. 11)

PREP TIME: 15 min. | **TOTAL TIME:** 25 min.
SERVES: 12

- 1 bag (250 g) tortilla chips
- 1 pkg (100 g) cured deli meat, such as Sensations by Compliments Mild Sliced Chorizo, cut into strips
- 1 cup (250 mL) shredded cooked chicken
- 1½ cups (375 mL) grated smoked Gouda, such as Anco Smoked Flavoured Gouda
- 1 cup (250 mL) diced fresh tomato
- ½ cup (125 mL) canned black beans, drained and rinsed
- ¼ cup (60 mL) finely diced red onion
- 1 jalapeño, seeded and diced
- 2 tbsp (30 mL) coarsely chopped cilantro

1. Preheat oven to 375°F (190°C). Line large pizza pan or baking sheet with parchment paper. Spread half the tortilla chips on the parchment. Scatter half the chorizo and chicken, followed by half the cheese, tomato, black beans, onion and jalapeño, onto the chips. Layer with remaining chips; sprinkle with remaining toppings (except cilantro).

2. Bake 10 to 12 min., until cheese is melted and toppings are warmed through. Sprinkle with cilantro to serve.

PER SERVING (⅓ of the recipe)
210 Calories | 10 g Protein | 12 g Total fat | 4 g Saturated fat | 30 mg Cholesterol | 17 g Carbs | 2 g Fibre | 1 g Sugars | 330 mg Sodium



Easy Beef Bibimbap Rice Bowl (pg. 15)

PREP TIME: 10 min. | **TOTAL TIME:** 50 min.
SERVES: 4

- 1 lb (450 g) extra-lean ground beef
- 4 cloves garlic, minced

- 3 tbsp (45 mL) reduced sodium soy sauce, divided
- 2 tbsp (30 mL) packed brown sugar
- 1 tbsp (15 mL) grated fresh ginger
- 1 tbsp (15 mL) rice vinegar (unseasoned)
- pinch of salt
- 1½ cups (375 mL) Compliments Long Grain Rice
- 1 pkg (227 g) fresh shiitake mushrooms, stemmed and sliced
- 1 cup (250 mL) matchstick carrots
- 2 cups (500 mL) Compliments Organic Baby Spinach
- 1 tbsp (15 mL) vegetable oil
- 4 eggs
- 1 tsp (5 mL) sesame oil
- 1 tbsp (15 mL) toasted sesame seeds

1. Mix beef, garlic, 2 tbsp (30 mL) of the soy sauce, brown sugar, ginger, vinegar and salt. Let stand 10 min. Meanwhile, cook rice according to package instructions.

2. Cook beef mixture in large non-stick skillet 10 min., breaking up into small pieces with back of spoon, until no longer pink. Add mushrooms. Cook, stirring occasionally, 5 min. or until mushrooms are tender. Keep warm.

3. Meanwhile, steam carrots in steamer basket over saucepan of simmering water, about 4 min., or until slightly softened. Push to one side of steamer; add spinach to other side. Steam 2 min. or until spinach is wilted. (Or cook carrots and spinach in skillet with a splash of water until veggies are slightly softened.) Set aside.

4. Heat vegetable oil in large non-stick skillet over medium-low heat. Crack eggs into skillet and cook about 5 min. or until whites are set and yolks are desired doneness. Divide rice into 4 warmed bowls. Top with beef mixture, carrots and spinach. Stir together remaining 1 tbsp (15 mL) soy sauce and the sesame oil. Drizzle over vegetables. Top each bowl with an egg. Sprinkle with sesame seeds to serve.

PER SERVING (¼ of the recipe)
650 Calories | 41 g Protein | 20 g Total fat | 6 g Saturated fat | 255 mg Cholesterol | 78 g Carbs | 4 g Fibre | 10 g Sugars | 650 mg Sodium



Spicy Ham with Pineapple Chutney & Roasted Vegetables (pg. 18)

PREP TIME: 30 min.
TOTAL TIME: 2 hr. 30 min.
SERVES: 8, plus leftovers

Spicy Ham:

- 1 tbsp (15 mL) chili powder
- 1 tbsp (15 mL) paprika
- 1 tsp (5 mL) ground coriander, pepper and brown sugar
- ¼ tsp (1 mL) each hot pepper flakes, cayenne and salt

1 Sensations by Compliments Hickory Smoked Honey Ham (approx. 8 lb/3.4 kg)

Roasted Vegetables:

- 1 spaghetti squash, halved and seeded (approx. 2.5 lb/1.25 kg)
- ¼ cup (60 mL) olive oil, divided
- ½ tsp (2 mL) each salt and pepper, divided
- 1 large head cauliflower, separated into large florets (approx. 1.5 lb/750 g)
- 1 tbsp (15 mL) finely chopped fresh thyme
- 2 cloves garlic, minced
- ¼ cup (60 mL) chopped toasted walnuts
- 2 tbsp (30 mL) finely chopped fresh parsley

Pineapple Chutney:

- 1 can (398 mL) Compliments Pineapple Slices in Pineapple Juice
- ½ cup (125 mL) finely diced red onion
- ¼ cup (60 mL) finely diced red pepper
- 2 tbsp (30 mL) raisins
- ¼ cup (60 mL) packed brown sugar
- ¼ cup (60 mL) apple cider vinegar
- 1 tbsp (15 mL) minced fresh ginger
- pinch each ground cinnamon, cloves and allspice

1. Arrange racks in the middle and lower third of oven. Preheat oven to 375°F (190°C). Stir together chili powder, paprika, coriander, pepper, brown sugar, red pepper flakes, cayenne and salt. Rub all over ham. Set ham in foil-lined roasting pan; place on middle rack. Loosely tent ham with foil. Bake 1 hr. 30 min. Remove foil. Brush

packet of honey glaze (included with ham) over the ham. Continue baking, uncovered, 25 to 30 min. until glaze caramelizes and meat thermometer inserted into thickest part registers 160°F (71°C).

2. Meanwhile, after ham has baked 1 hr., brush cut-sides of squash with 1 tbsp (15 mL) oil and season with ¼ tsp (1 mL) each salt and pepper. Place cut-side down on large parchment paper-lined baking sheet. Roast 1 hr. on lower rack until flesh is tender when pierced with a fork. When squash has been in oven for 30 min., toss cauliflower with 2 tbsp (30 mL) oil, thyme, garlic and remaining salt and pepper. Spread onto baking sheet with squash. Bake cauliflower 25 to 30 min., or until golden and tender.

3. Remove cooked squash from baking sheet. Using a fork, gently scrape out squash strands. Discard skin. Toss squash strands with walnuts, parsley and remaining oil. Keep warm.

4. Meanwhile, drain pineapple slices, reserving juice; finely chop pineapple slices into ¼-in. (5-mm) pieces. Set aside. Combine ½ cup (125 mL) water, reserved pineapple juice, onion, red pepper, raisins, brown sugar, apple cider vinegar, ginger, cinnamon, cloves and allspice in medium saucepan; bring to a boil. Reduce heat to medium-low. Stir in pineapple. Cook, stirring often, 30 to 40 min., until mixture thickens and most of the liquid has evaporated. Cool completely. Serve ham with roasted cauliflower, squash and chutney.

PER SERVING (⅓ of the recipe, plus leftovers)
320 Calories | 18 g Protein | 16 g Total fat | 3.5 g Saturated fat | 60 mg Cholesterol | 29 g Carbs | 4 g Fibre | 21 g Sugars | 920 mg Sodium



Spring Swirl Cake with Chocolate Pretzel Nest (pg. 19)

PREP TIME: 5 min. | **TOTAL TIME:** 1 hr.
SERVES: 16

2 pkgs (400 g each) **Compliments Gluten-Free Yellow Cake Mix**
blue, red, green and orange (red and yellow) **food colouring**

¾ tub (approx. 330 g) **Compliments Vanilla or White Frosting**

Swirled Frosting Dollops (optional):
2 tubs (450 g each) **white frosting**
blue and red **food colouring**

Chocolate Pretzel Nest (optional):
⅔ cup (150 mL) **pretzel sticks**
3 oz (90 g) **dark chocolate**, melted
¼ cup (60 mL) **mini chocolate eggs**
or other candies

1. Preheat oven to 400°F (200°C). Grease and flour two 8-in. (20-cm) diameter cake pans, line the bottoms with parchment-paper rounds. Pour both packages of cake mix into 1 large bowl and prepare cake batter according to package directions. Divide batter equally into 5 separate bowls. Tint 4 bowls with different food colourings to create assorted 4 batter colours such as blue, pink, green and orange. Do not add colouring to fifth bowl of batter.

2. Randomly spoon dollops of the different colours of batters into both prepared pans, smoothing tops. Bake (approx. 29 to 33 min.) and cool cakes according to package directions. Spread half the frosting on top of one cake, leaving sides unfrosted. Stack second cake on top; frost top with remaining frosting.

3. To make optional Swirled Frosting Dollops, divide the 2 tubs of frosting into 4 separate bowls. Leave one bowl of frosting untinted. Tint the other 3 bowls with different food colourings to make pink, blue and light purple frostings. Interspersing spoonfuls of the assorted colours, scoop the frostings into a piping bag fitted with large round tip (#7). Chill pastry bag about 30 min. to firm up frosting before piping dollops on cake. Chill cake until serving time to maintain shapes of dollops.

4. To make optional Chocolate Pretzel Nest, line inside of 4-in. (10-cm) diameter dish (about 2-in./5-cm deep) with plastic wrap. Dip pretzels in melted chocolate, stack in the bottom and up the inside walls of the bowl to form a “nest”. Roll a ball of foil to place in the nest, if necessary, to create a hollow. Refrigerate 15 to 20 min., until chocolate hardens. Remove foil ball, if using. Gently loosen nest from bowl; peel off plastic wrap. Fill nest with chocolate mini eggs, or other candy, and use as a festive cake topper.

PER SERVING (⅓ of the recipe)
380 Calories | 2 g Protein | 17 g Total fat | 5 g Saturated fat | 60 mg Cholesterol | 56 g Carbs | 0 g Fibre | 35 g Sugars | 340 mg Sodium



One-Skillet Spicy Shrimp Fusilli (pg. 21)

PREP TIME: 10 min. | **TOTAL TIME:** 50 min.
SERVES: 6

8 oz (250 g) **Compliments Gluten-Free Brown Rice Fusilli** or regular fusilli
2 tbsp (30 mL) **olive oil**, divided
1 pkg (500 g) **Sensations by Compliments Uncooked Extra Large Black Tiger Shrimp**, thawed
½ tsp (2 mL) **hot pepper flakes**
1 **onion**, finely diced
3 cloves **garlic**, minced
1 can (796 mL) **diced tomatoes**
¼ tsp (1 mL) each **salt**, **pepper** and **dried oregano**
1 cup (250 mL) loosely packed **Compliments Organic Baby Arugula**
1 tbsp (15 mL) **lemon juice**
2 tbsp (30 mL) finely chopped **fresh parsley**

1. Boil water in large skillet set over high heat. Cook pasta until al dente (cook slightly less than package directions). Reserve ½ cup (125 mL) pasta cooking water. Drain pasta; set aside. Heat 1 tbsp (15 mL) oil in same skillet set over medium heat. Add shrimp and hot pepper flakes; sauté 3 to 4 min., until shrimp are pink and firm. Transfer to plate.

2. Heat remaining oil in skillet. Add onion and garlic. Cook about 2 min. to soften. Stir in tomatoes, ½ cup (125 mL) water (not the pasta water), salt, pepper and oregano; bring to a boil. Reduce heat to medium-low; simmer about 15 min., until sauce is thickened. Add pasta, reserved pasta water and shrimp into skillet; stir to coat. Just before serving, stir in arugula and lemon juice; sprinkle with parsley.

PER SERVING (⅓ of the recipe)
280 Calories | 17 g Protein | 6 g Total fat | 1.5 g Saturated fat | 175 mg Cholesterol | 42 g Carbs | 3 g Fibre | 5 g Sugars | 860 mg Sodium



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